



# HEALTHY CATERING POLICY

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# RATIONALE FOR HEALTHY EATING AT WORK

- ◉ People spend the majority of their day at work
- ◉ Healthy foods help people
  - More energy
  - Maintain their weight
  - Reduce risk of disease
- ◉ Should have food and beverage options that help people select the appropriate portion and item
- ◉ Healthy eating isn't about all or nothing
  - Balancing choices
  - Healthy options become the norm

# WHY WORKSITES?

- ◉ 45% of money spent on food goes to food eaten away home
- ◉ When people eat away from home they choose foods that are higher in fat, sodium, and calories and lower in fiber and calcium
- ◉ Group events are opportunities to provide healthy choices

# WHY WORKSITES?

- ◉ Studies have shown that for every dollar spent on health promotion at work, healthcare savings ranged from \$1.49 to over \$5.
- ◉ Health promotion programs such as creating a healthier nutrition environment at work
  - improves the work climate
  - improves recruitment and retention of employees,
  - reduces absenteeism,
  - increases productivity

# WHAT CAN WORKSITES DO?

- ◉ Snacks at meetings - limit snacks at meetings or offer fruits, vegetables and water
- ◉ Catered events - provide plenty of fruits, vegetables and low fat options as a policy
- ◉ Adopt a healthy catering policy
- ◉ Educate employees about healthier choices

# POLICY

- ◉ Strategies include laws, regulations, and that are adopted to guide behavior
  - Formal
  - Informal

# ENVIRONMENTAL

- ◉ Strategies are those that change the:
  - economic, social, or physical environments

# SAMPLE POLICY



MISSISSIPPI STATE DEPARTMENT OF HEALTH

## Healthy Catering and Event Guide

### Background...

The Office of Preventive Health (OPH) is committed to promoting the health and wellbeing of Mississippians. The OPH promotes healthy lifestyles and regular physical activity through our programs, community work and special projects.

Due to the strong relationship between diet and health, increasing rates of overweight and obesity and other chronic diseases within Mississippi, MSDH makes supporting healthy food choices at work part of our commitment to health. It is fitting for the Office of Preventive Health to provide leadership to promote healthful eating at worksite functions. By offering healthful food choices at company meetings and functions, employees have increased opportunities for making healthy food choices at work that, in turn, benefit their health. We can model our commitment to good health by making our meetings and events healthier, and sharing this vision with others across our state.

### General Guidelines:

- Emphasize fruits, vegetables, whole grains, low-fat dairy and lean protein sources.
- Offer low-fat and low-calorie foods.
- Serve smaller portions of higher calorie foods (e.g. mini, halved or quartered bagels, muffins or cookies).
- Include a vegetarian option with meals and snacks.
- Offer seasonal and local foods when possible.
- Use lower fat versions of condiments (e.g. dressings, mayo, cream cheese, sour cream, dips).
- For mid-morning and mid-afternoon meetings, consider serving only beverages.
- Serve only 100% juice, and use glasses or containers that are 12 oz or smaller.
- Serve low-fat or skim milk with coffee and tea.
- Offer water with meals and snacks.
- If registration forms are used, provide space to indicate food allergies or dietary restrictions.



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# GUIDELINES FOR HEALTHIER EATING AT WORK

- ◉ Offer a variety of grains
- ◉ Offer a variety of fruits and vegetables
- ◉ Provide fat-free, low fat, or low calorie foods and beverages
- ◉ Serve foods and beverages low in added sugar

## HEALTHY EATING AT WORK CONT...

- ◉ Serve foods that are low in salt and sodium
- ◉ Include smaller portions
- ◉ Consider offering only beverages at mid-morning and mid-afternoon breaks
- ◉ Include a vegetarian alternative at all meals

\_\_\_\_\_ (organization name)

## HEALTHY CATERING POLICY

### Position Statement

Healthy eating is a vital part of good health. It is important for energy and vitality, optimal work performance, weight control, control of cholesterol and blood pressure and prevention of heart disease, diabetes and other chronic conditions.

\_\_\_\_\_ (organization name) acknowledges that healthy eating has an impact on our health, and that the provision of healthy foods will contribute to better health for all.

\_\_\_\_\_ (organization name) will ensure that a variety of healthy food choices are available for all organization activities. This applies to all meetings, functions and events and to all employees, visitors and any others taking part in organization activities.

### Policy

\_\_\_\_\_ (organization name) is committed to ensuring a healthy environment for all those associated with the organization and will ensure that:

- The caterers used for all events are able to provide a variety of healthy food choices;
- Healthy food choices will be available at all organization activities;
- Healthy food choices will be promoted at all organization activities;
- Healthy food choices will be positioned more prominently than other foods;
- Healthy food choices will be priced competitively;
- The role of food in relation to health and the enjoyment of healthy food is promoted (posters, newsletter, healthy eating handouts, etc);
- All food is handled, prepared and stored in accordance with Food Safety Regulations.

\_\_\_\_\_ (organization name) undertakes to implement the actions listed above in this policy, effective from \_\_\_\_ / \_\_\_\_ / \_\_\_\_.

\_\_\_\_\_ (organization name) aims to have at least 2 new healthy food choices available, promoted, priced competitively and positioned prominently by \_\_\_\_ / \_\_\_\_ / \_\_\_\_.

\_\_\_\_\_ (organization name) aims to have promoted the importance of healthy eating at least once by \_\_\_\_ / \_\_\_\_ / \_\_\_\_.

This policy is to be reviewed annually. Review date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_.

Name and Title: .....

Signature ..... Date.....

# Healthy Catering Choices Policy

## 1. Purpose

The purpose of this policy is to enable (insert name of agency) to ensure that all food and beverages offered or available to staff, visitors and guests contain healthy food and beverage choices.

### Definition:

Healthy food and beverage choices, as suggested in the Dietary Guidelines for Australian Adults published by the Department of Health and Ageing and the National Health and Medical Research Council, are those that enable people to enjoy a wide variety of nutritious foods.

Such as:

- Eating plenty of vegetables, legumes and fruits
- Eating plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- Including lean meat, fish, poultry and/or alternatives
- Including milks, yoghurts, cheeses and/or alternatives, with reduced fat varieties where possible
- Drinking plenty of water

*And take care to*

- Limit saturated fat and moderate total fat intake
- Choose foods low in salt
- Limit alcohol intake if you choose to drink, and
- Consume only moderate amounts of sugars and foods containing added sugars

## 2. Scope

This policy applies to all food and beverages served or available:

- to all staff during working hours and
- to all staff, visitors and guests attending meetings, training and/or functions

## 3. Responsibility

### Management:

It is the responsibility of management to ensure that all staff are aware of (insert name of agency) **Healthy Catering Choices** policy and procedure.

### Staff:

It is the responsibility of all staff to ensure that the **Healthy Catering Choices** policy and procedure is adhered to when organising any event that requires food and/or beverages to be served.

Chief Executive Officer's signature

Date of signature

Review date:

# QUESTIONS

